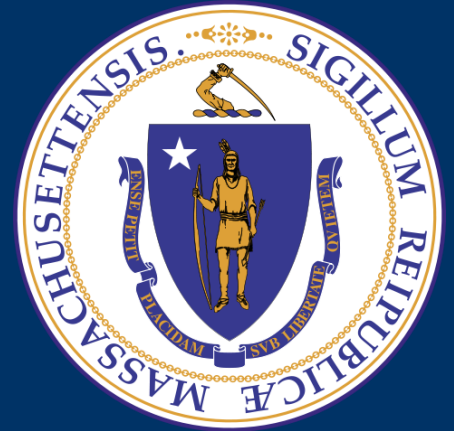


# Peer Recovery Coaching in Massachusetts



Public Health Council

Wednesday, April 3, 2019

**Department of Public Health**  
Bureau of Substance Addiction Services  
Julia Ojeda, Recovery Support Services Coordinator

# DPH (BSAS) Peer Recovery Coaching in Massachusetts Timeline



- 2008** CCAR (CT Community for Addiction Recovery) established Recovery Coach Academy Curriculum
- 2011** BSAS contracted CCAR for two trainings funded by Substance Abuse Mental Health Services Administration's (SAMHSA) Access to Recovery (ATR) Program
- 2013** Recruited/hired MA trainers & provided RCA trainings statewide (6 regions)
- 2014** Public Health Emergency – Opioid Overdose Crisis
- 2015** Peer Recovery Coaches (PRCs) became a new covered expenditure in Outpatient Procurement (+ATR/STR, Moms Do Care)
- 2016** MBSACC initiated CARC (Certified Addiction Recovery Coach) requirements
- 2016** BSAS, in partnership with MBHP, funded Emergency Department Recovery Coach Pilot Programs (11 hospitals)
- 2016** Created distinct peer Recovery Coaching Supervisor training curriculum statewide
- 2018** MassHealth approved Peer Recovery Coaching as a reimbursable benefit - BSAS collaborated with MassHealth on performance specifications
- 2018** RC Workforce Scan looked at BSAS funded/contracted and non-BSAS funded/contracted programs providing PRC services in the state

# What a Peer Recovery Coach is NOT!



Sponsor

Clinician

Medical  
Practitioner

Clergy

Caretaker

Bank

Personal  
Driver

Case  
Manager

# Peer Recovery Coach



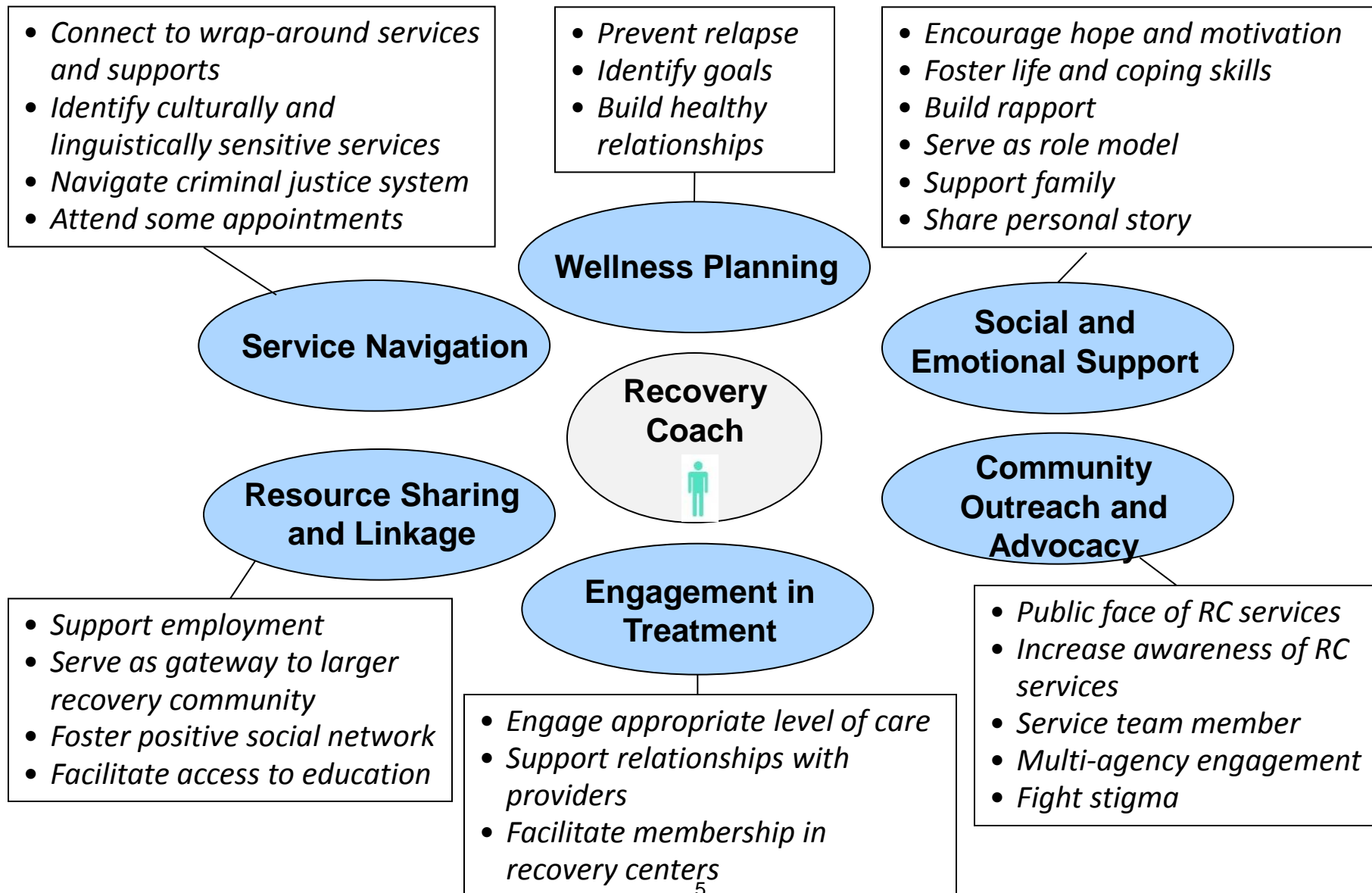
## Mentor, Advocate and Change Agent

### Tools Used:

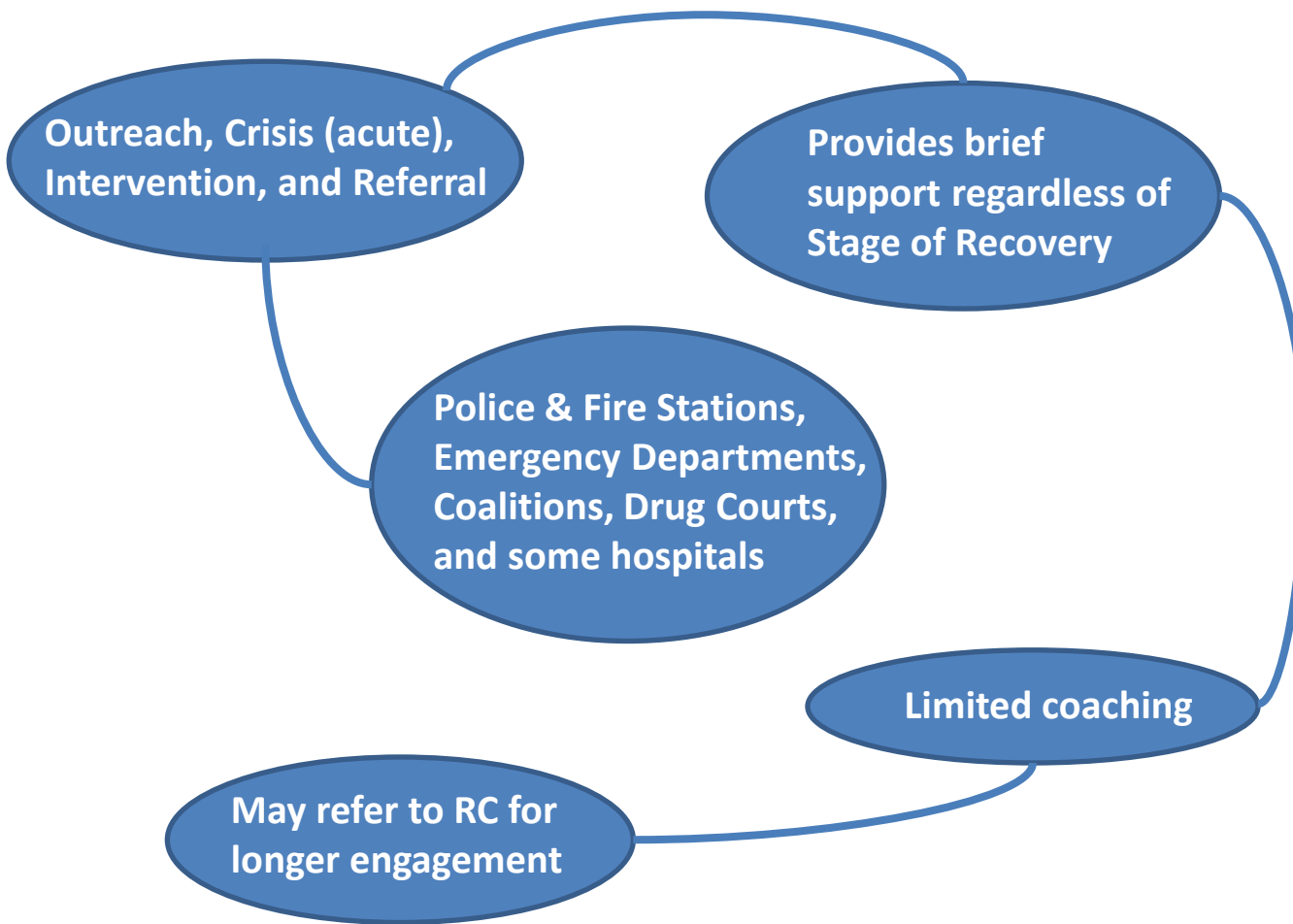
Lived Experience, Stages of  
Change, and Motivational  
Interviewing



# DMA RC Scan Interviewees Reported - RC Role: Across All Settings



# Early Engagement Peer Recovery Coach



Some individuals serve as both Early Engagement PRCs and long-term PRCs.

- Reports to a trained PRC Supervisor if billing MassHealth/ BSAS.
- May require more setting-specific trainings.



# DMA RC Scan Interviewees Reported -

## RC Role: Setting-specific Support



### Outpatient Providers

- *Wellness planning*

### Emergency Department

- *Crisis management*
- *Post-overdose support*
- *Naloxone education*
- *Post-discharge follow-up*
- *Motivation to stay alive and enter treatment*

### Drug Courts

- *Court hearings*

### Access to Recovery Program

- *Clearing warrants*

### Opioid Urgent Care Centers

- *Secure detox bed*
- *Harm reduction information*

### Recovery Coach



### Coalitions

- *Crisis management*
- *Post-overdose support*
- *Food and housing resources*
- *Appointment reminders*
- *Transportation*
- *Harm reduction strategies*
- *Treatment program connection*
- *Community engagement trainings*

### Moms Do Care Program

- *Pre-natal support*
- *Six months postpartum support*
- *Support groups for breastfeeding and for trauma*
- *Resources for mom and baby*
- *Home-based support*

### Police Departments

- *Crisis intervention*
- *Rapid placement into treatment*
- *Risk-based outreach*
- *Naloxone education and distribution*
- *Post-jail planning*
- *Overdose follow-up*
- *Home visits*
- *Family and friends support*
- *Recovery trainings for police*

# Typical Pathway to becoming a Peer Recovery Coach in Massachusetts



Not all RC's  
follow this  
pathway





# CCAR Recovery Coach Academy

The Recovery Coach Academy (RCA), developed by CT Community for Addiction Recovery (CCAR) in 2008, is a *5-day intensive training delivered in a retreat-like environment, focusing on providing skills needed to guide, mentor and support anyone who would like to enter into or sustain long-term recovery from an addiction to alcohol or other drugs.*

- The CCAR model is currently used nationwide for training recovery coaches.
- CCAR requires that trainers of RCA take the CCAR RCA and a CCAR-approved Training of Trainers.
- BSAS provides CCAR RCAs and has permission to conduct Training of Trainers in MA.
- *Other organizations/individuals also provide the CCAR RCA in MA separate from BSAS.*

The training includes: role and functions of a recovery coach, values/principles, stages of recovery, culture, recovery, stages of change, power and privilege, ethics, boundaries, coaching, motivational interviewing and wellness planning.

# The BSAS-funded Recovery Coach Academy (RCA) application requires:



- 2 years of abstinence from active use of illegal drugs, alcohol and non-prescribed medication
- Stable pathway of recovery
- Connected within the recovery/addictions community as a volunteer or employed
- Access to and/or supervised by a BSAS-trained PRC supervisor
- High School Diploma or Equivalency

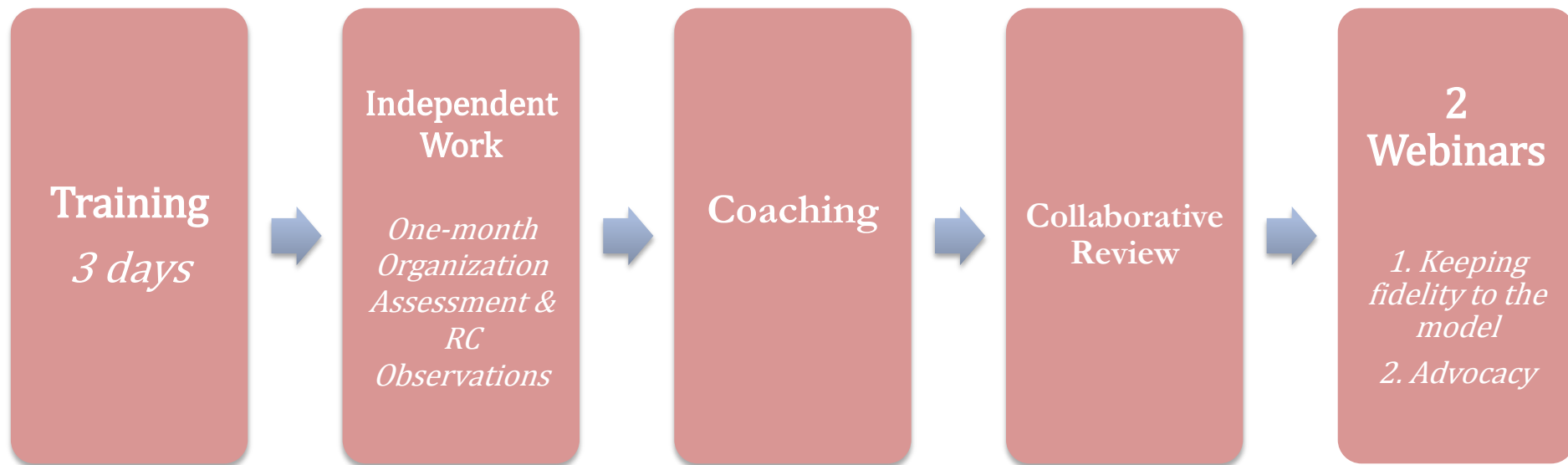
# Common Expectations to be HIRED as a Recovery Coach



\*Depends on setting and funding

- 1-6 yrs. abstinence from illegal drugs, alcohol and non-prescribed medication and in recovery
- Completed 5-day RCA & actively working towards a CARC (Certification Addiction Recovery Coach - MBSACC)
- Supervised by an BSAS-trained Peer Recovery Coach Supervisor
- High School Diploma or Equivalency

# BSAS Peer Recovery Coach Supervisor Training



# BSAS Expanding Peer Recovery Workforce FY13-FY18



## **Number of Individuals Trained in Massachusetts**

Recovery Coach Academy (RCA): 1208

RCA Ethical Considerations: 573

BSAS RC Supervisors: 331

BSAS Deaf Recovery Coaches working: 16

BSAS P.T. Recovery Support Trainers: 17

CARC MBSACC Certified Recovery Coaches: 85+

## **BSAS Suite of Trainings Offered for Recovery Coaches**

Motivational Interviewing, Addictions 101, Mental Wellness, Cultural Competence/Humility, Self-Care, MSR for Recovery Coaches

# Some Current Research



## **BSAS FY18 Peer Recovery Coach Scan**

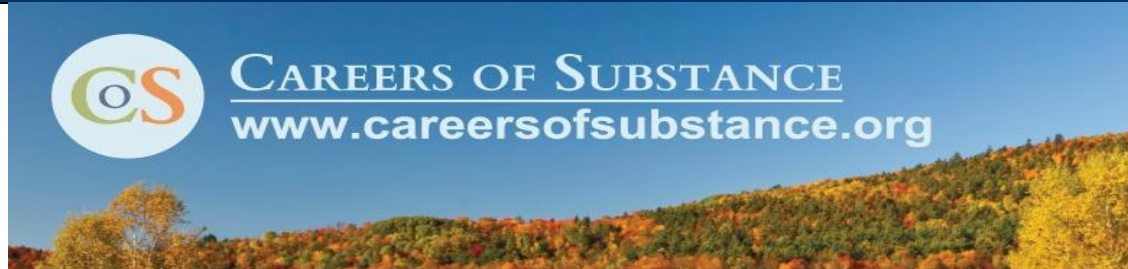
- DMA Health Strategies conducted a scan of 209 RCs working in 33 BSAS funded and/or contracted programs in FY18

## **MGH Recovery Coach Efficacy 2018 Report**

- “6 months after engagement with a recovery coach, compared to the 6 months prior to the engagement with a recovery coach, patients have a 44% increase in attendance at outpatient primary care and behavioral health visits, a 25% decrease in inpatient admissions, and a 13% decrease in Emergency Department visits.”

(MGH provided BSAS this paragraph with permission)

# Careers of Substance Website



- [Recovery Coach/ Peer Worker Main Page](#)
- [Recovery Coach and Recovery Coach Supervisor Training Calendar](#) (*with dates and locations*)
- [Full Statewide Substance Use Training Calendar](#)
- [Job Postings](#) – post and search positions and resumes

# Department of Public Health

Bureau of Substance Addiction Services



Thank You

*Gracias*

*Any Questions?*